

Activities for Adults

Activities at the Tempe Historical Museum 480-350-5100

3rd Thirstday Night Café Tempe Historical Museum Free Admission

The museum is presenting a series of monthly programs in a café setting that run from September through November and January through May. The exhibit hall will be open to the public from 6:30 to 8:30 pm on the third Thursday of each month. The programs begin at 7 pm.

Th, 1/19, 7 pm
Sambo Dul, "C.O.A.R. (Community Outreach & Advocacy for Refugees)"-Inspired by her experience as a refugee from Cambodia, Sambo Dul founded COAR as a student organization at Arizona State University. She was aware that the obstacles her family once faced continue to challenge refugees today.



Sambo Dul

Th, 2/16, 7 pm
Betsy Fahlman, Ph.D., "Arizona During the Depression: New Deal Photography and Culture in the Southwest"-Dr. Fahlman, Professor of Art History at Arizona State University, will be speaking about how federal programs set forth during the New Deal era sent artists to Arizona to record U.S. History and Southwestern culture.



Tempe Historical Society's Speakers' Program Tempe Historical Museum classroom Free Admission

Bring your lunch and hear interesting speakers. Coffee is provided. For more information call 480-350-5100.

Wed, 1/11, 11:30 am-1 pm
"Randolph, Arizona: A Black Town Built on Cotton"
Dr. Greta Leseur tells the "Great Migration" stories of the Black movement west of the Mississippi and the consequent migrations to Arizona and California. (Sponsored by the Arizona Humanities Council.)

Wed., 2/8, 11:30 am-1 pm
"Arizona Politics: 1972-2002"-Dick Bryce presents a penetrating review of thirty years of change in the Arizona political scene.

Wed., 3/8, 11:30 am-1 pm
"Images from the Past"-Dr. Amy Douglass gives a fascinating account of the petroglyphs on Tempe Butte and their significance and relationship to the ancient Hohokam.

Ceramics Classes & Open Studio 480-350-5287

All Ceramics students must bring Cone 10 clay and required supplies to the first class. For a list of required materials and ceramics supply locations, visit www.tempe.gov/arts/ArtEducation or the Vihel Center main office.

Classes-Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Special Ceramics Workshop!!-Look for more details on this workshop scheduled for March! We will host a world renowned ceramics instructor sharing his special techniques. You won't want to miss this. *Details and registration information will be in our Spring 2006 Brochure.*

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



Pottery Club-Enjoy a leisurely morning of hand building and throwing on the wheel. All skill levels welcome to attend this self-paced class. Instruction is provided. Fee: \$80.

APCA-1A Adult W 1/18-3/8 9am-Noon VIHEL

Ceramics Survey-Beginning pottery class that focuses on hand building, an introduction to throwing and glazing techniques. Fee: \$80.

ACEA-1A Adult Tu 1/17-3/7 6:30-9:30pm VIHEL

Ceramics II-Pre-requisite: Ceramics Survey. A combination of throwing and hand building for continuing students. Explore surface decoration and slip techniques. Students select projects with instructor approval. Fee: \$80.

ACEA-3A Adult Th 1/19-3/9 6:30-9:30pm VIHEL

Throwing I-Pre-requisite: Ceramics Survey. This class is designed to introduce skills for the potter's wheel through a series of structured drills and projects. Activities also include glazing. 7-week session. *No class on 2/20.* Fee: \$70.

ACEA-2A Adult M 1/23-3/13 6:30-9:30pm VIHEL

Throwing II-Pre-requisite: Throwing I. Class focus is the creation of a variety of styles and shapes as well as an exploration of glazing techniques. Also, self-directed projects with instructor approval. Fee: \$80.

ACEA-4A Adult W 1/18-3/8 6:30-9:30pm VIHEL

Ceramics Open Studio-Participants must be currently enrolled in a Tempe Ceramics class or have taken one within the last calendar year to register for Open Studio. No instruction provided. Glazes, electric wheel and firing are provided for pieces created during Open Studio. Fee: \$80.

AOSA-1A Adult Sa 1/21-3/11 1:30-4:30pm VIHEL

Creative Writing 480-350-5287

Cameo Life Stories-Learn how to write your life story, one chapter at a time. This writing program for women is a fun, supportive class for sharing memories, photos and stories from your life. Step by step, you will write your way through your lifetime. No special writing talent is required-just enthusiasm! 6-week class. Fee: \$40.

CLSA-1A Adult Th 1/19-2/23 1-3:30pm VIHEL

tempe connections

Our mission is to enrich our community by connecting Boomers+ with meaningful engagement through work and service, expand their horizons, and provide information and referral for services and programs.



Arts Café-Join faculty and staff from the Katherine K. Herberger College of Fine Arts for this **FREE** series where the community engages in dialogue about important art issues. From 10 to 11:30 am, consecutive Wednesdays from Feb. 1-March 8 at Tempe Connections, Tempe Public Library 3500 S. Rural Road.

Featured guests

Feb. 1

Professor Barbara Crowe, *Music Therapy, Autism & ADD*

Feb. 8

Professor Naomi Jackson, *Dance & Human Rights*

Feb. 15

Professor Mary Erickson, *Visual Worlds: Art Making & Meaning*

Feb. 22

Chuck Banaszewski, *Theatre for Social Change*

Mar. 1

Heather Lineberry, *ASU Art Museum*, Topic TBA

Mar. 8

Sheilah Britton, *Creative Writing in Health Care*

"What's Next" Life Planning Workshop 480-350-5435-

Many of our community members are approaching that time when they are asking the question, "What's Next?" "Life Planning" is an ongoing process that goes beyond traditional career or retirement planning efforts. "Life Planning" defines how you want to live, what you want to do, and who you want to be, as you continue into the next phase of your life. Come create a plan for the future and identify the resources you will need. Identify your strengths, passions, and purpose. Learn the right mix of options between work, service, learning, family, and leisure. Turn your dreams into goals. Four (4) consecutive Thursday evenings: February 2nd thru February 23rd, 2006, 5:30 to 7:30 pm., and repeated April 6th thru April 27th, and June 1st thru June 22nd, 2006, 5:30 to 7:30 pm., in the Social Services Meeting Room, top floor Tempe Public Library. There is a \$30 workshop fee. Please call for more information.

Volunteer Recruitment-Connections Concierge 480-

858-2454-Come, be an integral part of the Connections experience. We are seeking persons to welcome patrons to Connections; connect Boomers+ with opportunities to make a difference in their community (unpaid and paid) and to offer information and provide referrals. An initial 8 hour training series and annual refresher session with a time commitment of 6-12 hours per month for one year is required.

BenefitsCheckUp®-This program provides a comprehensive, confidential online survey to determine eligibility for Federal, State and local benefits. It also includes programs offered by prescription drug companies and medical suppliers to reduce your out-of-pocket costs.

For more information about this free program, call Rolf Brown at 480-350-5563.

Activities for Adults

Visual Arts 480-350-5287

For materials lists for all adult visual arts classes, visit www.tempe.gov/arts/ArtEducation or the Vihel Center main office. Bring materials you currently have to the first class and the instructor will review the supply list.

Drawing & Sketching-Basic course designed for all skill levels that focuses on various techniques and media, with an emphasis on learning "to see." Estimated cost of materials is \$15. Bring pencils, paper and eraser to first class. 7-week session. No class on 2/20. Fee: \$42.

ADSA-1A Adult M 1/23-3/13 6:30-9:30pm VIH EL

Floral Design-Create your own basic floral designs in this workshop with guided instruction. Demonstrations and projects teach the fundamentals of fresh, dried and silk flower arrangement. Participants provide materials for selected projects at second class. 6-week class. Fee: \$32.

AFDA-1A Adult Th 1/19-2/23 7-9pm VIH EL

Oil & Acrylic Painting-Basic course emphasizing composition, color theory, techniques and subject matter. Estimated cost of materials is \$75. Fee: \$48.

AOAA-1A Adult Tu 1/17-3/7 6:30-9:30pm VIH EL

Watercolor Painting-Emphasis is on technique and subject matter. For the beginning and intermediate student. Estimated cost of materials is \$40 depending on projects selected. Fee: \$48.

APWA-1A Adult W 1/18-3/8 6:30-9:30pm VIH EL

Mixed Media-Basic course designed for those interested in combining media and techniques to create art. Focus will be placed on learning collage, assemblage and various painting methods. Estimated cost of supplies necessary for class is \$35. Fee: \$48.

VMMA-1A Adult Th 1/19-3/9 6-9pm NSA

Jewelry and Metalsmithing 480-350-5287

For a list of suggested materials and jewelry supply retailers, visit www.tempe.gov/arts/ArtEducation or the Vihel Center main office. Safety glasses are required for students in all Jewelry classes and must be brought to the first class.

Basic Beading Class 480-350-5201-Participants will learn about the tools and materials they need to make their own basic jewelry, as well as how to finish it off with crimps and clasps. Each student will be able to make and keep a necklace and a pair of earrings. All materials provided. Fee: \$31.

KBBC-1A 18yrs+ Sa 1/21 10-12:30pm KRC

Jewelry I-A course for beginners. Learn how to use basic hand tools and equipment for making copper and silver jewelry. Projects being demonstrated will be a silver band ring and a silver domed and textured pendant. Supply costs vary depending on materials and tools needed; approximated cost is \$75. 7-week session. No class on 2/20. Fee: \$70.

AMTA-1A Adult M 1/23-3/13 6-8:45pm PAC

Etching and Enamelling-Explore the possibilities of adding color to your etchings with the process of fusing glass to metal. Enamel on your old intaglio plates or new copper plates. Learn the traditional processes of baisse-taille and champléve as applicable to jewelry, wall-pieces and sculpture. Beginners and intermediate students welcome. Supply costs will vary depending on materials and tools needed; approximate cost is \$50. Fee: \$80.

AMTA-2A Adult Tu 1/17-3/7 6-8:45pm PAC

Casting-Jewelry I or equivalent experience necessary. This course will cover the basics of lost wax casting. Participants will learn about working with wax, mold making and finishing cast pieces. Other low-tech methods of casting will be demonstrated, such as cuttlebone casting and tufa stone casting. Supply costs will vary depending on materials and tools needed. Fee: \$80.

AMTA-3A Adult W 1/18-3/8 6-8:45pm PAC

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Jewelry Open Studio-PREVIOUS EXPERIENCE REQUIRED. For safety, only experienced participants are eligible. Must be currently enrolled in a City of Tempe jewelry class, or have completed a Tempe jewelry class within the last year. Fee: \$80.

AMTA-4A Adult Th 1/19-3/9 6-8:45pm PAC

Metal-forming-Learn how to integrate die-forming into your metalwork as a quick way to make shallow relief and 3-D forms. The method is applicable to production jewelry, fabricated containers and much more. Hydraulic press forming and chasing and repoussé will be taught. Supply cost will vary; approximate cost is \$60. 4-week class. Fee: \$40.

AMTA-5A Adult Sa 1/21-2/11 1-3:45pm PAC

Multi-Stranded Necklace 480-350-5201-Take your beading one step further! Create and keep a multi-stranded necklace using one of several methods. Prerequisite: Basic Beading. All materials provided. Fee: \$39.

KMSN-1A 18yrs+ Sa 3/4 1:30-4:30pm KRC

Wire Wrapped Jewelry-Beginning 480-350-5201

Participants will learn about the tools, materials and strategies necessary to make basic wire-wrapped jewelry. Each student will be able to make and keep a wire-wrapped bracelet or anklet. All materials provided. Fee: \$31.

KWWJ-1A 18yrs+ Sa 2/4 1:30-4pm KRC

Wire Wrapped Jewelry-Intermediate 480-350-5201-Learn valuable new skills to add to your knowledge of wire-wrapped jewelry. Learn how to make your own findings and how to incorporate new techniques into your wire-wrapped designs. Prerequisite: Beginning Wire Wrapped Jewelry. All materials provided. Fee: \$31.

KWWJ-2A 18yrs+ Sa 2/11 1:30-4pm KRC

Wire Bracelet Class 480-350-5201-Make 2 unique bracelets using two different gauges of wire and a great assortment of beads! Add a whole new twist to your collection of wire skills! Prerequisites: Beginning Wire Wrap, Intermediate Wire Wrap. All materials provided. Fee: \$31.

KWBC-1A 18yrs+ Sa 3/18 1:30pm-3:30pm KRC



Dance & Music 480-350-5287

Argentine Tango and New York Hustle for Singles-Learn two of today's hottest dances. Enjoy the creativity, playfulness and freedom of the New York Hustle danced to upbeat music and experience beautiful, passionate, authentic Argentine tango. Turn heads in any nightclub and become a popular partner with these hot and sassy dances! Register with a partner. Fee: \$32 per person.

DSAA-3A Adult W 1/18-3/8 8-8:55pm NSA

Ballroom Dance I-It's not just for the stars! Cozy up with foxtrot, glide smoothly in an elegant waltz and experience the romantic and playful rhumba. Sizzle up the dance floor with the hot Latin beat of merengue! Learn for the fun of it, for social outings, cruises, weddings and all occasions. Register with a partner. Six week session, no class on 2/20. Fee: \$24 per person.

DSAA-1A Adult M 1/23-3/13 6:30-7:25pm VIH EL

Ballroom Dance II-Must also register for Ballroom Dance I. Continue practicing your skills while refining your technique, footwork, posture, attitude and style. Register with a partner. Six week session, no class on 2/20. Fee: \$6 per person.

DSAA-2A Adult M 1/23-3/13 7:30-7:55pm VIH EL

Belly Dance I-This beginning class introduces you to belly dance moves and music. Learn the exotic way to exercise and have fun with Samia. Fee: \$32.

DBDA-2A 12yrs+ W 1/18-3/8 6:30-7:25pm VIH EL



Belly Dance II-This intermediate class focuses on more advanced movements and dances. Includes veil and floor work and new zil patterns. Fee: \$32.

DBDA-3A 12yrs+ W 1/18-3/8 7:30-8:25pm VIH EL

Belly Dance III-Advanced performing class. Work on polishing and perfecting your performance skills while adding moves and dancing to Middle Eastern music. Fee: \$32.

DBDA-4A 12yrs+ W 1/18-3/8 8:30-9:25pm VIH EL

Beginning Guitar-Get to know, tune and care for your guitar. This class will teach you basic scales, chords and strumming. You will play songs while learning about different types of music. Students must provide own guitars (acoustic or electric without amps). Beginning songbook included in class price. Fee: \$45.

MGYA-1A 14yrs+ Tu 1/17-3/7 6-7:25pm NSA

MGYA-2A 14yr Tu 1/17-3/7 7:30-8:55pm NSA

MGYA-3A 14yrs+ Th 1/19-3/9 6-7:25pm NSA

Beginning Guitar II-Pre-requisite: Beginning Guitar. For those who love to play guitar and have knowledge of basic chords. In this class you will learn more bar chords, performance styles and songs. Students must provide own guitars. Intermediate songbook included in class price. Fee: \$45.

MGYA-4A 14yrs+ Th 1/19-3/9 7:30-8:55pm NSA

Ballroom Boot Camp-This fast paced 4 week session will teach you several different dance styles. Here is a way to get a jump start on dancing! Learn all the basics and be dancing in no time at all. Fee: \$24.

DBCB-1A Adult Th 1/19-2/9 6:15-7pm VIH EL

Elements Amazing Electronic Piano-KeyBoard Program 480-350-5200-Learn keyboard skills on real songs you know and love! This program uses brilliantly conceived visual tools that show students how music works. Level 1: you will learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. You will be playing a favorite song after just one lesson. Level 2: You will learn to read music on the bass clef in a grand staff format. After completing both levels you will be able to buy a piece of sheet music, read the notes, and play it! Keyboards are provided to each student for classroom use; all music materials are included at no extra charge. For more information call Elements Music at 623-933-0681. Fee: \$110.

Level 1
MKBY-8A 13yrs+ Th 1/26-3/9 6-7pm PAC

Level 2
MKBY-9A 13yrs+ Th 1/26-3/9 7:15-8:15pm PAC

Activities for Adults

Hip-Hop-Looking for a high energy class where you can learn today's hottest moves? Come dance to top hits while picking up the basics of this physical, street-based artform. Fee: \$32.

DHHA-1A Adult Th 1/19-3/9 7-7:50pm NSA
DHHA-2A Adult Th 1/19-3/9 8-8:50pm NSA

Latin Dance I-Experience Latin dancing! Come learn various Latin dances such as the Cha-Cha, Rhumba/Bolero, Mambo/Salsa, Merengue and Samba. Register with a partner. Six week session, no class on 2/20. Fee: \$24 per person.

DLAA-1A Adult M 1/23-3/13 8-8:55pm VIHEL

Latin Dance II-Must also register for Latin Dance I. Continue work on more advanced variations, body rhythm and action, footwork, lead/follow, styling and technique. Register with a partner. No class on 2/20. Fee: \$6 per person.

DLAA-2A Adult M 1/23-3/13 9-9:25pm VIHEL

Latin Dance for Singles-Want to learn the latest Latin moves, but don't have a partner at hand? Come learn Salsa and other Latin dance styles! Fee: \$32.

DLAA-3A Adult W 1/18-3/8 7-7:55pm NSA

Line Dance Beginning-This is a perfect class for the beginner who would like to learn at a slower pace. Focus is on form, technique and terminology. Partner not required. Fee: \$32.

DLDA-1A Adult Tu 1/17-3/7 5:30-6:25pm VIHEL

Line Dance Easy Intermediate-A great class to learn patterns and rhythm for Social or Line Dance. Partner not required. Fee: \$32.

DLDA-2A Adult Tu 1/17-3/7 6:30-7:25pm VIHEL

Line Dance Intermediate/Advanced-Pre-requisite: Line Dance Beginning. For those who love to dance and have previous experience, this class presents continued learning and challenges. Partner not required. Fee: \$32.

DLDA-3A Adult Tu 1/17-3/7 7:30-8:55pm VIHEL

Swing I-Learn to dance the latest moves to a variety of rhythms. Whether you call it Jive, Jitterbug, Lindy, East Coast or West Coast, come have a swinging good time. (Tennis shoes or athletic shoes only, no black-soled or street shoes.) Register with a partner. Fee: \$32 per person.

DSWA-1A Adult Th 1/19-3/9 7:30-8:25pm PAC

Swing II-Must also register for Swing I. An extended session for experienced dancers who seek an extra challenge. Learn quicker transitions and variations, better control and balance, timing and rhythm changes. Learn connection and centering. Register with a partner. Fee: \$8 per person.

DSWA-2A Adult Th 1/19-3/9 8:30-8:50pm PAC

Tap I-A beginning class to learn basic tap steps and work on a new dance routine. Lots of fun and good exercise! Six week session, no class on 2/20. Fee: \$24.

DTAA-1A Adult M 1/23-3/13 6-6:50pm NSA

Tap II-Continue working on new routines while expanding your repertoire of steps, jumps and turns. *No class on 2/20.* Fee: \$24.

DTAA-2A Adult M 1/23-3/13 7-7:50pm NSA

Tap III-Continue working on routines while further expanding your repertoire of steps, jumps and turns. *No class on 2/20.* Fee: \$24.

DTAA-3A Adult M 1/23-3/13 8-9:50pm NSA

Tribal Fusion Dance-A low-impact aerobic dance combining old-style ethnic belly dance, modern cabaret belly dance and Rom (gypsy), ballet and yoga. Fee: \$32.

DMFA-1A Adult Th 1/19-3/9 7-8:25pm VIHEL

Wedding and Anniversary Survival 101-A two-part crash course for brides and grooms, members of a wedding party, or anyone headed for a special event who wants to move in style! The first four weeks will focus on your special songs. The rest of the class will focus on making social dance look good and feel comfortable, as we move to popular songs. Bring a CD of your special song for practice. Register with a partner. Fee: \$32 per person.

DWSA-1A Adult W 1/18-3/8 9-9:55pm NSA

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Arts and Crafts

Knitting; Beginner-480-

350-5201-Knitting is a fun, popular and easy handcraft to learn. This class will introduce you to basic knitting stitches, tools and pattern reading. Learn a relaxing and productive skill that you can enjoy for years to come. Fee includes instructional handouts, knitting needles and yarn. Fee: \$57.

KKNT-1A 16yrs+ M 3/6-3/13 6-9pm KRC

Ⓢ **NEW! Mending 480-350-5201**-Not sure how to mend a little tear? This class will teach you how to do light mending for clothing, etc. Topics covered will include sewing on a shank button, flat button, stitching a torn seam, replacing a zipper, using mending products currently on the market, and putting in a hem. Supplies will be provided by instructor. Fee: \$32.

KMND-1A 16yrs+ Su 1/29 1-3pm KRC

Sewing, Basics 480-350-5201-Do you have a sewing machine that you would like to put to use? This class will provide an introduction to basic machine sewing. Bring sewing machine and manual to class. View supply list at www.tempe.gov/pkrec/krc. Fee: \$44.

KSEW-1A 17yrs+ Sa 1/14-1/21 12:30-3:30pm KRC

Sewing, Intermediate 480-350-5201-Find out how to put in a zipper, make button holes, use velcro, elastic, and a needle punch while making your own sewing kit (Kit size approx. 15" x 40" unfolded). You'll increase your sewing skills and learn how to tackle techniques that you "thought" were difficult. Prerequisite: Sewing Basics or previous sewing experience. Bring sewing machine and manual to class. View supply list at www.tempe.gov/pkrec/krc. Fee: \$44.

KSEW-2A 17yrs+ Sa 2/18-2/25 9:30-12:30pm KRC

Ⓢ **NEW! Sew to Decorate 480-350-5201**-Learn to decorate with just a few simple sewing techniques. Projects include: appliquéd dish towel, a decorative insulated pot holder and an appliquéd table runner and utensil/napkin holder. You'll learn how to measure and sew a curtain valance to complete your own home decorating touch. Prerequisite: Sewing Basics. Bring sewing machine and manual to class. View supply list at www.tempe.gov/pkrec/krc. Fee: \$ 60.

KSEW-3A 17yrs+ M 2/6-2/13 6:30-8:30pm KRC

Ⓢ **NEW! Sewing; Pattern Sewing 480-350-5201**-This two part class will introduce you to using patterns for clothing/crafts. You'll learn pattern lingo, techniques and discover easy ways to find and follow pattern instructions while completing your pattern sewing project. A sleepwear pattern including top, boxer shorts or Capri/full length pants will be used for class and will be provided by instructor. Prerequisite: Sewing Basics. Bring sewing machine and manual to class. View supply list at www.tempe.gov/pkrec/krc. Fee: \$ 60.

KSEW-4A 17yrs+ Sa 3/18-3/25 9:30-12:30pm KRC

Health, Exercise & Sports Classes

Adult Fitness-Meet new people and feel great while working out in our fitness center. *No class on 1/16 & 2/20.* Fee: None.

ZAFN-1A 18yrs+ M/W 1/18-3/8 11am-12pm ESCA

Aerobics-Step-A high energy low impact cross training program which includes step work, light weight training, and abdominal exercises. Steps will be provided. Fee: \$32. *No class Feb. 23rd.*

ZAST-1A 18yrs+ T/Th 1/17-3/9 5:30-6:30pm ESCA

Discover Scuba-See complete description in Outdoor Recreation section, p. 10.

Empowering Women 480-350-5438-See Social Services page 7 for more information.

"What's Next" Life Planning Workshop 480-350-5435-See Social Services page 7 for more information.

Ⓢ **NEW! Exercise, Body Ball/Sculpt 480-350-5200** Develop muscular tone and strength while improving your flexibility, balance, and endurance using body balls and weights. Instructor: Carole. Fee: \$36.

EBBS-1A 16yrs+ Th 1/19-3/9 12-12:50 pm PAC



Exercise, Body Sculpt 480-350-5200-Through a series of non-aerobic exercises, using gravity, hand-held weights, and resistance equipment such as elastic bands, you will gain specific muscle conditioning, building strength, endurance, and flexibility. Build strong bones, enhance breathing/circulation, tone muscles and relax your mind and heart. Instructor: Tanya. Fee: \$45.

EBSM-1A 16yrs+ T/Th 1/17-3/9 6-6:50pm PAC

Ⓢ **NEW! Exercise, Cardio/Kick/Sculpt 480-350-5200** Have fun and get fit in this class that incorporates martial arts conditioning with body sculpting and kick boxing combinations. Class taught by a certified Tae Bo instructor. Instructor: Carole. Fee: \$36.

EKIK-1A 16yrs+ Tu 1/17-3/7 5-5:50pm PAC

Ⓢ **NEW! Exercise, Foundations to Better Running**-Learn to properly prepare for a long distance race or just develop your own running program with the assistance of a certified coach. Class benefits beginning to veteran runners alike; it is the workout you love to hate yet you'll come back for more! Class meets in the northern area of Kiwanis Park, enter the parking lot from Baseline Road. Fee: \$60.

EFBR-1A 16yrs+ Th 1/19-3/9 5:30-7pm KIWPKN

Ⓢ **NEW! Exercise, Pilates/Exercise/Dance**-You will get it all in this class! Strengthen and tone your muscles with Pilates then rev up your metabolism with fun dance moves. Instructor: Danielle. Fee: \$36.

EPCD-1A 16yrs W 1/18-3/8 12-12:50pm PAC

Exercise, Total Body Conditioning 480-350-5200-Improve your overall fitness level with hi and lo impact aerobics and strength training using a variety of different exercises and equipment. Instructor: TBA. Fee: \$45.

ETBM-1A 16yrs+ M/W 1/18-3/13 5:30-6:20pm PAC

Exercise, Yogalates 480-350-5200-Escape the stress of the day by strengthening your core (abs, back, buttocks) and treating yourself to relaxing stretches. A variety of exercise techniques taken from yoga and Pilates will be used to enable you to re-energize for the rest of the day. Instructor: Danielle. Fee: \$36.

EYLS-1A 16yrs+ Tu 1/17-3/7 12-12:50pm PAC

Activities for Adults

Family First Aid-Sign up your family to learn what to do in an emergency. Recognizing heart attacks, wounds, splinting and sudden illness are some of the main topics being covered. All family members should know how to perform these life-saving techniques. It may well be a gift of life to one of your own family members. Fee: None.
ZFFA-1A Families Sa 2/18 10am-12pm ESCA

Fore! Golf Instruction 480-350-5200-Fundamentals of golf: grip, stance, chip shots, full swings, rules, etiquette, putting, and use of the driving range. Equipment available if needed. Fee: \$46.

EFOA-3A 18yrs+ Tu 2/15-3/8 5-6pm KMGC
EFOA-4A 18yrs+ W 1/18-2/8 4-5pm KMGC
EFOA-5A 18yrs+ Sa 1/21-2/11 10-11am KMGC

In-Line Skate Classes-From the complete beginner to those who would like to enhance their skill, take the fear out and be "in control", let sk8right instructors show you how to get the most out of your skating. Lesson sequence consists of different levels designed to develop participant skills, from beginner to advance. Although you may enter at any level, we highly recommend all novice or untrained skaters enter at Beginning level 1. Skates and protective gear will be provided or you may bring your own. Bring a water bottle and wear comfortable weather appropriate clothing. Fee: \$56.

Level 1
GISK-1A 15yrs+ Su 1/29-2/12 8-9am TTLMP
GISK-2A 15yrs+ M 1/30-2/13 5-6pm TTLMP

Level 1 & 2
GISK-3A 15yrs+ Su 2/26-3/12 9-10am TTLMP
Level 3
GISK-4A 15yrs+ Su 3/5 & 3/12 10-11:30am TTLMP

Jujutsu 480-350-5201-Learn a Jujutsu System that was used by feudal police of the Samurai Era. This class will focus on basic concepts such as joint locks, throwing, choking, blocking, striking, pinning, ground fighting and nerve center manipulation. No prior martial art training is needed. Fee: \$50.

KJUI-1A 16yrs+ Tu/W/Th 1/3-1/31 8-9:30pm KRC
KJUI-2A 16yrs+ Tu/W/Th 2/1-2/28 8-9:30pm KRC
KJUI-3A 16yrs+ Tu/W/Th 3/1-3/30 8-9:30pm KRC

Karate 480-350-5201-Increase flexibility, strength, relieves stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. This is an on-going program with room for belt rank advancement. New student orientation at 5:30pm on first day of class. Uniform, belt and school patch available on the first day of class for \$45. Uniform, safety equipment, belt testing fees and additional supplies are required for participation in this class and are not included in the registration fee. Fee: \$50.

KKAR-4A 15yrs+ Tu/Th 1/3-1/31 6-7:30pm KRC
KKAR-5A 15yrs+ Tu/Th 2/2-2/28 6-7:30pm KRC
KKAR-6A 15yrs+ Tu/Th 3/2-3/30 6-7:30pm KRC

Martial Arts, Kodokan Judo 480-350-5200-Learn falling, throwing, grappling, immobilizing and self defense techniques of traditional Japanese Judo (the gentle way). Emphasis will be placed on preparation for promotion within the Judo ranking system. Accredited black belt instructors, beginning and intermediate students. Sweats recommended. *No class 1/16, 2/20. Fee: \$40 Adults; \$20 Youth.

EJUM-1A 13yrs+ M 1/9-4/3* 7:05-8:35pm LIBR
EJUM-2A 7yrs+ Sa 1/14-3/25 10-11:30am CRC

Martial Arts, Karate 480-350-5200-Join this traditional martial arts class for beginning and intermediate students. Wear comfortable clothing, sweats are recommended. Fee: Adult \$40; Youth \$20.

EKAM-1A 13yrs+ Sa 1/14-3/25 11:35am-1pm CRC

Martial Arts of the Peaceful Warrior-See complete description in Activities for Youth page 15.

Martial Arts, Street Smarts-See complete description in Activities for Youth page 15.

Meditation, Zen-This is a structured classical Zen meditation session using kōan study and meditative techniques. Traditional and modern methods are taught in this class. Fee: \$34.

GMED-1A 16yrs+ W 1/11-3/8 8-9pm CRC

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Pilates/Mat Science (multi-level) with Pippa Frame-Hill 480-350-5201-Join us for a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The exercises are derived from pilates, yoga, dance and sports rehab conditioning. The focus is on mindful movement, core stabilization techniques and unified body movements. Fee: Monthly fee below, or drop in for \$9.50 per class.

KPLT-1A 16yrs+ Tu 1/17-1/31 9-9:55am KRC \$26
KPLT-2A 16yrs+ W 1/18-1/25 6:15-7:15pm KRC \$17
KPLT-3A 16yrs+ Tu 2/7-2/28 9-9:55am KRC \$34
KPLT-4A 16yrs+ W 2/1-2/22 6:15-7:15pm KRC \$34
KPLT-5A 16yrs+ Tu 3/7-3/28 9-9:55am KRC \$34
KPLT-6A 16yrs+ W 3/1-3/29 6:15-7:15pm KRC \$43

➤ **NEW! Strength & Length with Pippa Frame-Hill 480-350-5201**-This class will include Pilates-based exercises and will use resistance bands and rings to strengthen, stretch, tone and improve posture. We will start with a gentle warm up, evolve into a challenging workout, and finish with a series of stretches. All levels of experience are encouraged to attend as modifications and considerations will be provided. Fee: Monthly fee below, or drop in for \$9.50 per class.

KSAL-1A 16yrs+ M 1/23-1/30 9:15-10:15am KRC \$17
KSAL-2A 16yrs+ M 2/6-2/27* 9:15-10:15am KRC \$26
KSAL-3A 16yrs+ M 3/6-3/27 9:15-10:15am KRC \$34

* No class on 2/20 due to holiday

➤ **NEW! Stretch Class with Pippa Frame-Hill 480-350-5201**-Need a little more range of motion and flexibility? This half hour class is dedicated to releasing tension and increasing flexibility at any level of fitness. Long, slow stretches and PNF (Proprioceptive Neuromuscular Facilitation) methods will be used. Modifications will be given allowing you to stretch as comfortably as possible. This is a perfect compliment to the Pilates class right before it or any form of exercise. Please wear comfortable, roomy clothes.

KSTR-1A 16yrs+ Tu 1/17-1/31 10-10:30am KRC \$12
KSTR-2A 16yrs+ Tu 2/7-2/28 10-10:30am KRC \$16
KSTR-3A 16yrs+ Tu 3/7-3/28 10-10:30am KRC \$16



T'ai Chi, Beginning 480-350-5200-Internal system to increase self-awareness, self-confidence, and balance. Slow meditative movements teach internal focus and reduce stress levels. *No class 1/16 & 2/20. Fee: \$35.

ETCA-1A 18yrs+ M 1/9-3/6* 6:30-8pm KRC
ETCA-2A 18yrs+ M 1/9-3/6* 8:05-9:35pm KRC

T'ai Chi, Advanced 480-350-5200-For participants with previous T'ai Chi experience. Fee: \$42.

ETCA-3A 18yrs+ Th 1/12-3/9 6:30-8pm CRC

Walking Club-Join the walk club and discover the beauty of our neighborhood parks. Take your first step to a healthier lifestyle. Fee: None.

ZWCL-1A 18yrs+ W 1/18-3/8 9-10:30am ESCA

Yoga, Introduction-This class will help you get started. Learn what equipment you need and what you can use from around the house rather than making costly purchases. You will learn a basic warm-up routine, basic beginning level sun salutation, and you will learn a new Asana (posture) each class session. *No class 1/16 & 2/20. Fee below.

EYOM-1A 18yrs+ M 1/9-3/6* 5:30-6:25pm \$25 KRC
EYOM-2A 18yrs+ W 1/11-3/8 5:30-6:25pm \$31 CRC

Yoga Level 1-Ancient science bringing mind and body together. Students and instructors work toward goal through the systematic exercising and conditioning of physical body. Body becomes more flexible, muscles toned; concentration and coordination are steadily improved. *No class 1/16 & 2/20. Fee listed below.

EYOM-3A 16yrs+ M 1/9-3/6* 5:00-6:25pm \$37 CRC
EYOM-4A 16yrs+ M 1/9-3/6* 6:30-7:55pm \$37 CRC
EYOM-5A 16yrs+ T 1/10-3/7 5:30-6:55pm \$46 CRC
EYOM-6A 16yrs+ T 1/10-3/7 7-8:30pm \$46 PAC
EYOM-7A 16yrs+ W 1/11-3/8 10:30-11:55am \$46 PAC
EYOM-8A 16yrs+ F 1/13-3/10 10:30-Noon \$46 KRC
EYOM-9A 16yrs+ Sa 1/14-3/11 8-9:25am \$46 CRC

American Heart Association®



Fighting Heart Disease and Stroke

CPR Heartsaver plus AED 480-350-5201-This course is intended for the general public. This American Heart Association (AHA) course teaches the basic techniques of adult, child and infant CPR (cardiopulmonary resuscitation), how to use an Automated External Defibrillator (AED), what barrier devices are and what to do for choking. The course teaches how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. It also teaches ways to prevent many childhood emergencies. Participation cards will be issued at the successful completion of the course. Students must purchase Heartsaver CPR/AED book (\$11) before class, (available in the Kiwanis Recreation Center pro shop.) Fee: \$30.

KCPH-1A 16yrs+ Sa 1/21 8:15am-12:15pm KRC
KCPH-2A 16yrs+ W 2/8 6-10pm KRC
KCPH-3A 16yrs+ Sa 3/4 9am-1pm KRC

Health Care Provider CPR 480-350-5201-This American Heart Association BLS (Basic Life Support) Healthcare Provider course is designed to meet the needs of healthcare professionals. The course includes adult and pediatric CPR, mouth to mask techniques, bag valve mask use, foreign-body airway obstruction and two-rescuer CPR. This course also contains information on barrier devices, stroke and AED use. Participation cards will be issued upon successful completion of the course. Students must purchase Healthcare Provider book (\$11) before class, available in the Kiwanis Recreation Center pro shop.) Fee: \$35.

KCPH-4A 16yrs+ Sa 1/28 9am-1pm KRC
KCPH-5A 16yrs+ W 2/22 6-10pm KRC
KCPH-6A 16yrs+ Sa 3/18 8:15am-12:15pm KRC

Heartsaver First Aid 480-350-5201-This course is intended for the general public. This American Heart Association (AHA) course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. This course follows OSHA's recommendations for training the lay rescuer or non-healthcare professional in the proper techniques of emergency response and basic first aid. Topics covered include first responder procedures for the management of common medical emergencies (diabetes, environmental, seizure, allergic reactions) and traumatic injuries (shock, burns, bleeding, fractures). Students must purchase a Heartsaver First Aid book (\$8.50) before class, available in the Kiwanis Recreation Center pro shop.) Participation cards will be issued at the successful completion of the course. Fee: \$35.

KHFA-1A 16yrs+ Sa 2/4 8:15am-12:15pm KRC
KHFA-2A 16yrs+ Sa 2/25 9am-1pm KRC
KHFA-3A 16yrs+ W 3/8 6-10pm KRC

Activities for Adults

Yoga-Lunchtime-Combined level classes. **No class 1/24, 1/26.* Instructor: Janna. Fee: \$46.
 EYOM-10A 16yrs+ T 1/3-3/7* 11:30-1:00pm HH
 EYOM-11A 16yrs+ Th 1/5-3/9* 11:30-1:00pm HH

Yoga, Yin & Restorative-End your long hectic week with a slow, long holding, supported practice targeting the connective tissue of the hips, pelvis and lower spine. You will leave feeling renewed and refreshed. Fee: \$46.
 EYOM-12A 16yrs+ F 1/13-3/10 5:30-6:55pm CRC

Yoga Level 2-Deepen your practice, increasing your strength, flexibility, breath and focus. Practice more advanced poses and their variations with modifications for all skill levels. Strength & flexibility not a prerequisite. **No class 1/16 & 2/20.* Fee: below.
 EYOM-13A 16yrs+ T 1/10-3/7 7-8:30pm \$46 CRC
 EYOM-14A 16yrs+ M 1/9-3/6* 7-8:30pm \$37 PAC

Yoga, Mixed-Level-A class with something for everyone, from the beginner to the more advanced. Variations will be taught according to the level of each student. Fee: \$46.
 EYOM-15A 16yrs+ Th 1/12-3/9 7-8:30pm PAC

Yoga, Parent/Child-Would your child like to come to Yoga with you? This is your chance to join Marcene in this parent/child class. Class is designed to be fun. Fee: Youth \$12; Adults \$24.
 EYOM-16A 6-12yrs Sa 2/11-3/4 1:30-2:25pm CRC

Yoga, Power-You will enjoy this fast-paced, intermediate class that integrates strength with flexibility. Poses flow together to create a powerful, meditative way to deepen your practice. Bring a sticky mat. Instructor: Janna. Fee: \$46.
 EYOM-17A 16yrs+ W 1/11-3/8 6:30-8pm PAC

Yoga, Qigong 480-350-5200-Chinese style yoga combines gentle movement, meditation and breath regulation to enhance the body's energy flow. Cultivates inner strength, calms the mind and restores the body's natural state of health. Practiced at any age regardless of physical ability. Gentler exercise than Tai-Chi & Yoga, but equally powerful benefits. Fee: \$35.
 ECGM-1A 16yrs+ W 1/11-3/8 6:45-7:45pm CRC

Yoga/Pilates Combo with Pippa Frame-Hill 480-350-5201-Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. All levels welcome. Fee: Monthly fee below, or drop in for \$9.50 per class.
 KYPC-1A 16yrs+ W 1/18-1/25 5-6pm KRC \$17
 KYPC-2A 16yrs+ Th 1/19-1/26 9-9:55am KRC \$17
 KYPC-3A 16yrs+ W 2/1-2/22 5-6pm KRC \$34
 KYPC-4A 16yrs+ Th 2/2-2/23 9-9:55am KRC \$34
 KYPC-5A 16yrs+ W 3/1-3/29 5-6pm KRC \$43
 KYPC-6A 16yrs+ Th 3/2-3/30 9-9:55am KRC \$43

🔗 **NEW! Yoga, Stretch Yoga with Pippa Frame-Hill 480-350-5201**-Focusing on flexibility, this class will also tighten and tone the entire body. The result is a mind-body workout that improves health, athletic performance and mental acuity in people of all ages and fitness levels. All levels of fitness and ability are encouraged to participate at their own pace as modifications and variations will be offered. Fee: Monthly fee below, or drop in for \$9.50 per class.
 KYGS-1A 16yrs+ W 1/18-1/25 7:30-8:30pm KRC \$17
 KYGS-2A 16yrs+ W 2/1-2/22 7:30-8:30pm KRC \$34
 KYGS-3A 16yrs+ W 3/1-3/29 7:30-8:30pm KRC \$43

Yoga, Hatha Yoga with Meghan Goyette 480-350-5201-Hatha Yoga offers the opportunity to relax and release your stress. This class will take you though a series of static postures that will increase your strength, flexibility and balance. Fee: Monthly fee below, or drop in for \$9.50 per class.
 KYGR-1A 16yrs+ Su 1/22-1/29 9:15-10:15am KRC \$17
 KYGR-2A 16yrs+ Su 2/5-2/26 9:15-10:15am KRC \$34
 KYGR-3A 16yrs+ Su 3/5-3/26 9:15-10:15am KRC \$34

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



Workshops

🔗 **NEW! Workshops; Beginning Pilates with Pippa Frame-Hill 480-350-5201**-If you are new to Pilates or just want more clarity in your practice, this workshop is for you! We will review many of the basic exercises, their modifications, and props used in a typical class. The workshop will also focus on allowing time for discussion, clear demonstration, feedback and personal attention. Fee: \$11.
 KPLW-1A 16yrs+ Sa 1/21 11-12:15pm KRC

Partner Yoga-Register with a spouse, friend, brother, sister, office buddy or on your own, no partner is necessary. Perfect for anyone interested in fitness, releasing tension and having a good time. Bring your own sticky mat. Instructor: Marcene. Fee: \$12/per person.
 EYOM-18A 16yrs+ Sa 2/4 10:15am-12:15pm WCC
 EYOM-19A 16yrs+ Sa 3/18 10:15am-12:15pm WCC

Restorative Yoga-A great balance for the body, mind, and soul. Take time out to relax your body and rejuvenate your spirit with restorative yoga. Focus on the art of resting with simple postures designed to promote deep relaxation. No previous experience necessary. Instructor: Janna. Fee: \$12.
 EYOM-20A 16yrs+ Sa 1/21 1:30-3:30pm CRC

Personal Health & Wellness

Weight Management through Hypnosis-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear comfortable clothing and bring a pillow to class. **No class 2/20.* Fee: \$75
 GWMH-1A 18yrs+ M 1/23-3/6* 7:00-8:30pm PAC

Escalante Holistic Health Series

Chinese Five Element System-Do the foods you choose to eat properly feed your five main systems? Did you know that if one system is out of balance, your whole body is affected? This class will teach you the fascinating relationships between your five major systems; the immune, endocrine, respiratory, digestive, and circulatory system. Learn how by supporting the body as a whole, you can create a functional balance. Maintaining your health at a high level comes from supporting all five systems with proper nutrition. Fee: None.
 ZHCF-1A 18yrs+ M 1/23 7-8:30pm ESCA

NEW! PERFORMANCE BREAKTHROUGH SERIES

Make a BREAKTHROUGH....

....**In Your Job! 480-350-5201**-Experience your mind's capacity to move out of a rut and create a new pattern of behavior! Take a new look at what's been keeping you from enjoying your job. You'll release an old emotional pattern and create a new neural pattern that gives you freedom to respond from a whole new perspective. Dress comfortably, bring a water bottle and pillow. Fee: \$45.
 KBRK-1A 18yrs+ Sa 1/28 1-4:30pm KRC

....**In Reaching Your Goals! 480-350-5201**-Experience your mind's capacity to create a new pattern of behavior! Discover what's been keeping you from having the results you want in relation to a specific goal. You'll release old patterns of fear, procrastination or lack of confidence, and create a new neural patter that gives you the freedom to move beyond what's been stopping you. Dress comfortably, bring a water bottle and pillow. Fee: \$45.
 KBRK-2A 18yrs+ Sa 2/18 1-4:30pm KRC

....**In Improving Your Performance! 480-350-5201**-Experience your mind's capacity to create a performance shift! Discover what's been keeping you from having the results you want in sports, school, work or other areas in your life. You'll release old patterns that keep you in a rut, and create a new neural patter that gives you the freedom to move respond from a whole new perspective. Dress comfortably, bring a water bottle and pillow. Fee: \$45.
 KBRK-3A 18yrs+ Sa 3/4 1-4:30pm KRC

Moods and Foods-Do the foods you choose to eat affect your moods? Do you binge eat when you are sad or depressed? Do you celebrate with food when you are happy and excited? How does what you are thinking and feeling cause you to crave junk food. Join this class and learn how our thoughts and feelings play a vital role in what we choose to eat. By bringing our thoughts and feelings into balance we can balance our physical body with better food choices. Fee: None.
 ZHMF-1A 18yrs+ M 1/30 7-8:30pm ESCA

Living Foods-Why increase the quantity of raw fruits and vegetables in your diet? What is lost in the cooking process that makes raw foods a better choice? Learn about the benefits of eating raw foods. Tips and tricks on incorporating more raw foods will be taught, as will specific preparation demonstrations for several recipes. Fee: None.
 ZHLF-1A 18yrs+ M 2/6 7-8:30pm ESCA

Optimal Digestion-Join us for a journey through the digestion tract from start to finish. Understanding health challenges such as heartburn, constipation, diarrhea, indigestion, ulcers, hiatal hernias, irritable bowel syndrome, colon cancer, ulcerative colitis, and how they directly relate to good digestion, and proper foods is the focus of this class. Digestive aides are ranking in the top selling drugs. Even permanent weight loss, fat management and skin disorders are closely related to a functioning digestive tract. Come learn how to address these common issues. This is great information to help you understand how your digestion tract is designed to work. Fee: None.
 ZHOD-1A 18yrs+ M 2/13 7-8:30pm ESCA



Activities for Adults

General Interest

NEW! Achieving Financial Success-Learn about resources and strategies for a comfortable retirement. Determine whether or not you're on track to achieve financial independence. Fee: None.
 ZAFS-1A 18yrs+ M 2/27 7-8pm ESCA

Alert Parents, Safer Kids 480-350-5201-Do your children attend school? Do they participate in sports? Are they ever in the care of someone other than you? If you answered "Yes" to any of these questions this program is for you! Help your children learn to be safer with valuable information supported by Security Specialists, Law Enforcement Agencies and authorities from Missing Persons Organizations. This class is for adults only, bring paper and pen. Teachers can earn 2 CEU's. Fee: \$40.
 KAPS-1A 18yrs+ W 1/18 6:30-8:30pm KRC

"Arts Cafe" series-See pg. 21 under Tempe Connectins.

Baby Signs Workshop 480-350-5201-Parents, prevent frustration and tantrums from your child by teaching them to communicate through sign language. Increase your child's vocabulary and learning potential. This workshop is designed for parents of infants, toddlers and parents to be. A \$40 supply fee is due to the instructor at the beginning of class. (Parent workshop, only adults may attend.) Fee: \$29.
 KBSN-1A 18yrs+ Sa 3/18 9-11:30am KRC

NEW! College Planning-Learn about some of the resources that are available for college savings. Smarter savings for smarter children. Fee: None.
 ZCPL-1A 18yrs+ M 3/6 7-8pm ESCA

Check Out a Baby Brain Box-The Tempe Public Library and Escalante Community Center offer these interactive and beneficial activities for parents/caregivers and children. The Baby Brain Boxes consist of 12 individual kits: two for infants (infant-6 months), two for babies (6-12months), two for toddlers (12-18 months) and six for pre-school (18-24 months) children. Each box contains activities that encourage healthy brain development. Specific instructions are included. Numbers are limited. Parents/Care givers can check out one box at a time for a two week period. Parents/ Caregivers are responsible for replacing all perishables, lost or damaged items. To check out a baby brain box call, 480-350-5802. Fee: None.
 18yrs+ Tu-F 1/17-3/10 11am-5pm ESCA

Dogs: Save-A-Pet-Taught by local veterinarians, class covers areas such as first aid for pet injuries or poisoning and CPR. A "must" for all pet owners. Tips on pet care and health is also included, as well as "hands-on" CPR with the resuscidog. Informative booklet included. Fee: \$11.
 GVAA-1A 18yrs+ Tu 2/28 6:30-8:30pm UNIV

Dog Training-Socialized obedience for pet owners who don't want to be dog trainers, but want control of their dog. Training leash (6') and nylon slip collar required, no prong collars permitted. Slip collar available for purchase from instructor \$3. Dogs must be at least 5 months old and have had all shots and license. Proof required of both vaccinations and licensing at first class. Must attend all classes to be eligible for test and certificate. Fee: \$39.
 GDTA-1A 18yrs+ W 1/18-3/8 6:30-7:30pm HOL
 GDTA-2A 18yrs+ Sa 1/21-3/11 8-9am HOL
 GDTA-3A 18yrs+ Sa 1/21-3/11 9:15-10:15am HOL

French Language and Culture-A beginner's class for those who would like to learn about the country of France and the French language. Learn common phrases, vocabulary and pronunciation as you explore the cities, food, art, music and more of this interesting country. Fee: \$37.
 GFRN-1A 16yrs+ Tu 1/17-3/7 6-7:15pm WCC

German Language-An introductory class for those who would like to learn common phrases in German. Emphasis will be placed upon vocabulary and pronunciation as well. Fee: \$37.
 GGRA-1A 18yrs+ W 1/18-3/8 6-7:15pm PAC

Healthy School Lunches 480-350-5201-Learn how to pack a healthy school lunch that your children will enjoy. Make a small healthy snack in class that your kids can enjoy after school. Taught by a registered Dietitian. (Children may attend with registered adult). Fee: \$21.
 KHSL-1A 18yrs+ W 1/25 10-11am KRC

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for **Code of Location Abbreviations.**

Homebuyer Education & Learning Program (H.E.L.P.)-If you are interested in buying your own home but feel you may not qualify, H.E.L.P. will prove to be an exciting informative program to answer your home buying questions. Receive guidance on budgeting for home purchase, shopping for a realtor, negotiating offers, shopping for a home loan, the closing process, and home maintenance tips. Fee: None.
 GHEA-1A 18yrs+ W 2/1 & 2/8 6-9:30pm PDS

It's a Start-Looking for a job? Bring in your resume and we can help you make it more effective using one of the computer programs the Tempe Public Library's Resource Room at the Escalante Community Center has to offer such as Resume Wizard. Fee: None.
 16yrs+ M-Sa 1/17-3/10 11am-3pm ESCA

Spanish Level 1-Basic Spanish using common phrases and vocabulary for greetings, numbers, days, months, color, food, and weather. *No class 2/20. Fee: \$34.
 GSPA-1A 18yrs+ M 1/23-3/6* 6-7:15pm PAC
 GSPA-2A 18yrs+ M 1/23-3/6* 7:30-8:45pm PAC

Spanish Level 2-Continuation of level 1. You will learn more about verbs, idioms and forming questions. Fee: \$37.
 GSPA-3A 18yrs+ W 1/18-3/8 6-7:15pm PAC

Spanish Level 3-Continuation of level 2 with focus on conversation skills. Fee: \$37.
 GSPA-4A 18yrs+ W 1/18-3/8 7:30-8:45pm PAC

Sign Language; Intermediate 480-350-5201-Advance your vocabulary and signing conversations. Emphasis is on dialogue and receptive skills. Prerequisite: Beginning Sign Language. \$5 supply fee due to instructor on first day of class. Fee: \$41.
 KSIGN-1A 18yrs+ W 1/18-3/8 6:30-7:30pm KRC

Starting a Home Based Business-Explore the opportunities available to you in working from home. You will examine 30 businesses you can be successful at from home. Learn how to price your services so you make money, low-cost marketing strategies, how to balance your business and home life and more! Janet Drez, president of A Perfect Solution, Home-Based Business Council Chairwoman and national speaker has been helping people make the successful transition from employee to entrepreneur for 18 years. Fee: \$22.
 GHCA-1A 18yrs+ Sa 1/28 Noon-4pm PAC

It's Your Business @ the Library 480-350-5511

<http://www.tempe.gov/library/events/yourbiz.htm>. To register for a business class, call 480-350-5511. For more information about these free programs call Rolf Brown at 480-350-5563.

Demystifying Real Estate for the Home Buyer-Real estate professionals will talk about what the first time buyer needs to do to purchase a home. Costs, time frame, credit history and numerous other details will be covered in this comprehensive program. Detailed handouts supplied.
 Th 1/12, 2/23, 3/9 6pm TLC

Long Term Care: Protecting Yourself from the Unexpected-Those who make it to the age of 65 have more than a 1 in 5 chance of spending at least 5 years in a long term care facility. This workshop explores long term care from a variety of perspectives with a central focus on planning. Call 480-350-5511 to register for this free program.
 Th 1/19 7pm TLC

How to Pay for College Without Going Broke-Larry Misenko, an expert on college education finance, will present a free seminar on how to significantly reduce the cost of a college education. He will cover how to increase your financial aid eligibility and how to avoid some of the costly mistakes made when filling out the various financial aid forms.
 Tu 1/24 7pm Library Program Room

Creating a Positive Future-Personal coach and goals strategist, Nancy Nordstrom, will help attendees realize their goals and improve their lives by finding and keeping a positive outlook.
 Th 1/26 6:30pm TLC

Three Steps to Realizing Your Dreams-Nancy Nordstrom, a goal strategist, will help you define your goals, learn the components that encourage dream realization, identify and limit negative behavior, and develop positive habits in a fun motivational seminar.
 Th 2/2 6:30pm CAC

Smart Women Finish Rich-Rebecca Kennell and Gail Andrews will present a two-part educational seminar providing you with seven steps to help you achieve financial security and fund your dreams. Based on the best-selling book by David Bach.
 Th 2/9 7pm TLC

Planning for the New Year: Turning Your Financial Plans Into Action-Do you start the new year with the objective of putting your financial house in order and end realizing little if any progress has been made. If so this program is for you. Jeff Cutler will explain how to build a workable plan and stick to it.
 Th 2/16 7pm TLC

Goal Setting-Motivational speaker James Murphy will present a seminar about creating goals, measuring results, prioritizing, and finding the self-discipline to sustain your commitment.
 Th 3/2 7pm TLC

The Yea and Nay of IRA's-Investment professionals present financial vehicles that will reduce tax burden and increase growth of retirement funds. The rules regarding creation and liquidation of these funds and the changes in the law that may affect your current plan.
 Th 3/16 7pm TLC

Computer Instruction

For information about computer classes at Escalante Community Center call (480)-350-5800.



Internet for Seniors-One special day to get a bit of information about that crazy thing called the World Wide Web. Fee: None.
 ZIFS-1A 55yrs+ Tu 1/17 10-11am ESCA

Traveling for Seniors-Did you know you can get discounts just by making your next travel plans on-line? Sign up today and get some great information for your next travel destination. Fee: None.
 ZTRS-1A 55yrs+ Th 1/19 10-11am ESCA

E-Greetings-Use our free internet service to send a special electronic greeting to your friend or family. They'll love the surprise and you'll love how easy it is! Fee: None.
 ZEGR-1A 18yrs+ Tu 1/24 10-11am ESCA

Safe Surfing-Get some information to make your home computer "surf safe" for your family. Fee: None.
 ZSUR-1A 18yrs+ Th 1/26 10-11am ESCA

Word Processing, Level 1-For those who've used word processing, but would like some helpful tips and tricks using MS Word. Fee: None.
 ZWRO-1A 18yrs+ Tu 2/7 9:30-11am ESCA

E-Mail for Adults-Use our free internet to register with a free mail service to send mail electronically to family, friends or potential employers! Fee: None.
 ZEFA-1A 18yrs+ Th 2/9 9:30-11am ESCA

Activities for Adults

Word Processing, Level 2-If you've passed Level 1, join us for Level 2! Review offered, plus learn the tips and tricks that'll make MS Word easier to use! Fee: None.
ZWRT-1A 18yrs+ Tu 2/14 9:30-11am ESCA

Internet Surfing and Info-Learn the basics and benefits of using the internet to get the information you need. Fee: None.
ZISI-1A 18yrs+ Th 2/16 9:30-11am ESCA

For information about computer classes at KRC call 480-350-5201.

Microsoft Excel (Intermediate) 2003 Part 1 480-350-5201-This course continues from the introductory of Microsoft Excel overview. Students will learn how to chart data, organize data, and perform basic formulas and file management. Fee: \$58.
KCOM-1A 18yrs+ Sa 2/4 12:30-3:30pm KRC

Microsoft Excel (Intermediate) 2003 Part 2 480-350-5201-This course continues from the Microsoft Excel Intermediate class. Students will continue a more in-depth study of how to chart data, organize data, and perform basic formulas and file management. Fee: \$58.
KCOM-2A 18yrs+ Sa 2/11 12:30-3:30pm KRC

Microsoft PowerPoint (Intro) 2003 Part 1 480-350-5201-This workshop is intended for people who want to learn how to prepare and create on screen presentations in various formats with ease. Class will cover slide shows, text charts, wizards and adding and deleting slides. Fee: \$58.
KCOM-3A 18yrs+ Sa 3/4 1-4pm KRC

Microsoft PowerPoint (Intro) 2003 Part 2 480-350-5201-This workshop is intended for people who want to learn how to prepare and create on screen presentations in various formats with ease. Class will focus on adding auto shapes, adding tables, inserting clipart, animation effects and using templates. Fee: \$58.
KCOM-4A 18yrs+ Sa 3/11 1-4pm KRC

To register for a computer class at the Library, call 480-350-5511. For more information, call Rolf Brown at 480-350-5563. Fee: None. REGISTRATION REQUIRED as space is limited.
<http://www.tempe.gov/library/events/nettrain.htm>

Basic Computer and Internet Skills-Learn the basic skills needed to use a computer and access the Internet. This free two-hour workshop introduces computers, how they work and how to use them. It will be offered each Tuesday at 7pm in the Library's Gates Computer Lab from January 24th through April 25th. No class on March 14.

Email Basics-This two-hour class is an introduction to web-based email for students who are familiar with computers but want to learn more about email.
W 1/25, 2/22 7pm CAC

Introduction to Online Auctions-Getting lost on eBay? This class will show you how to find an item, how to bid on that item and various ways to pay for items on online auctions, such as eBay. The instructor explains common auction terms and typical site features.
M 1/30, 3/13 7pm Gates

Introduction to MS Word-This two-hour class is an introduction to Microsoft Word for people who are familiar with computers but have limited word processing experience.
W 2/1, 3/1 7pm CAC

Surfing the Web-This class for Internet beginners covers the components of a Web address, Web browsers, search engines, Internet service providers and e-mail basics. Get hands-on practice using a search engine to surf the Web searching the Library's Web-based online catalog. Prerequisite: Some experience in using a computer mouse.
M 2/6, 3/6 7pm Gates

Introduction to PowerPoint-This two-hour class is an introduction to Microsoft PowerPoint for students who are familiar with computers but have not used PowerPoint before.
W 2/8, 3/8 7pm CAC

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Individual Internet Security-This class introduces the basics of protecting your information and money online. Create passwords, protecting against identity theft, basic encryption methods and recognizing common scams. Also covered will be what your options are if you fall victim to one of these scams. This free program is open to the public.
M 2/13 7pm Gates

Introduction to Excel-This two-hour class is an introduction to Microsoft Excel for students who are familiar with computers but have not used Excel before.
W 2/15, 3/22 7pm CAC

Ancestors: Genealogy on the Web-Learn how to access the enormous amount of genealogical information now available on the Internet.
M 2/27 7pm Gates

Meet the Authors 480-350-5511

<http://www.tempe.gov/library/events/booktalk.htm>

Great Arizona Photographs!
Thursday, December 15, 7pm, TLC

Join us for coffee and meet four local authors at Tempe Public Library on Thursday, December 15, at 7pm. Mark Vinson and Ann Patterson will speak about their new book, *Landmark Buildings: Arizona's Architectural Heritage*, and John Akers and Paul Scharbach will speak about *Phoenix Then and Now*, which compares modern photographs of places in the Phoenix area to historic ones. The Friends of Tempe Public Library will have copies available for sale at the event, just in time for holiday gift-giving.

Jon Talton
Thursday, February 23, 7pm, YLMR
Arizona Republic columnist Jon Talton is a fourth-generation Arizonan, who returned to Phoenix in 2000. He was an award-winning journalist in San Diego, Denver, Dayton, Cincinnati and Charlotte. Over 20 years he has specialized in the coverage of regional and urban economies, as well as the oil, auto and banking industries. Jon's columns have been carried in newspapers throughout North America. He has also been a regular guest on CNBC. Jon is the author of six novels, including the David Mapstone mysteries, which are set in Arizona. His new novel is the mystery *Dry Heat*.

Learn @ the Library

468-350-5511

<http://www.tempe.gov/library/events/booktalk.htm>



News: the Age of Spin-With everything that's happening in the Valley, how do news professionals decide what you will read? Join us in the Tempe Learning Center at Tempe Public Library on Thursday, February 2 at 7pm to find out from a panel of local media members moderated by Jana Bommersbach.

This program was produced by a committee of volunteers from the local news media. The concept was inspired by Preview Forum, a project of Roundtable, a media and public engagement company with support from The Ford Foundation.

Understanding America: Lifestyle and Culture-This program, for people who are new to the United States, offers a practical overview of how things work. From buying a car to deciding whether to take a job in another part of the country, find out about the details of living here that were never taught in school. The group will meet on Thursday evenings at 7pm, beginning on February 2, at Tempe Public Library in Study Room E. For more information telephone Rolf Brown at 480-350-5563. To register for this free program, phone 480-350-5511.
2/2 Physical Geography of the United States
2/9 Cultural Geography of the United States
2/16 Sports
2/23 Culture-From Art and Stage to Reading Material
3/2 Dining Habits
3/9 Automobiles / Transportation
3/16 Shopping
3/23 Utilities and Infrastructure

Book Discussion Groups 480-350-5511

<http://www.tempe.gov/library/events/booktalk.htm>

Books: Agents of Change-Join other interested adult readers at 7pm on the second Thursday of each month in a lively book discussion. Members of the group provide their own copies of the books. The group meets in the Library's second floor Conference Room.

12/8 *The Sociopath Next Door: the Ruthless Versus the Rest of Us* Martha Stout
1/12 *One True Thing* Anna Quindlen
2/9 *We Need to Talk About Kevin* Lionel Shriver
3/9 *The Alchemist* Paulo Coelho

Bilingual Film Discussions-Come explore the complex and colorful weave of Latin American and Latino film. View the films on your own in the language of your choice, then meet to discuss them on the first Monday night of each month at 7pm in the Library's second floor conference room. The films are in English, Spanish, and Portuguese; discussion will be in whichever of these languages works best for the group assembled. Dr. David Foster, past Chair of the Department of Languages and Literatures and Regents' Professor of Spanish, Women's Studies and Interdisciplinary Humanities at ASU, leads the discussions. For more information, please call the Library Reference Desk at 480-350-5511.

2/6 *La Historia Oficial/Official Story* (R) Argentina
3/6 *Real Women Have Curves* (PG-13) USA
4/1 *Central do Brasil/Central Station* (R) Brazil

Great Books-The Great Books group meets on the second and fourth Tuesday of each month at 7pm in the Youth Services Meeting Room. Volunteers Kathy and Don Dietz serve as discussion leaders. Many selections may be found in the new Great Books anthology, *Great Conversations I*; participants provide their own copies. For information about book availability call 480-350-5566 or visit the discussion group's web site at <http://www.tempe.gov/library/events/grtbooks.htm>.

12/13 *An Enemy of the People* Henrik Ibsen
12/27 **No meeting tonight -- HAPPY HOLIDAYS!**
1/10 *Shielding the Flame* Hanna Krall
1/24 *The Age of Reason* Thomas Paine
2/14 *Poetry* Tadeusz Rozevicz; Czeslaw Milosz; and Wistawa Szymborska
2/28 *Swann's Way* Marcel Proust
3/14 *The Secret Sharer* Joseph Conrad
3/28 *The Theory of the Leisure Class* Thorstein Veblen

Mystery Lovers Club-Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. The group meets in the Tempe Learning Center Classroom at the Library on Saturdays from 10am to 12 noon. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. Call Kim Garza, Collection Management Librarian, at 480-350-5557, weekdays.

Activities for Adults

Activity Dates: Classes begin the week of January 16 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Classes for Lifelong Learning at the Pyle Adult Recreation Center

Lifelong learning classes are offered for boomers and retirees 50 years or over and advance registration is required. Those with no fee listed are free of charge.

Diabetes Lecture-Joan Vogel, RD, CDE will answer all your questions about what foods to eat, carbohydrate counting, reading food labels, understanding all the "numbers" and beginning to exercise. Fee: None.
LLRN-1A W 1/11 6-7:30pm PAC

Consumer Scams-Each year, Arizona consumers lose about \$200M to fraudulent schemes. Prevention is the best way to stop scam artists. Learn how to spot red flags and resources available to help ensure your safety. Fee: None.
LLRN-2A W 1/25 10-11am PAC

Predatory Lending-Whether you are getting a home equity loan, buying a house, refinancing your home or making home improvements, predatory lenders are ready to take your money and may end up taking your home. Predatory lending practices mean big bucks for the lender and a never-ending treadmill of debt for the borrower. Fee: None.
LLRN-3A Th 1/26 7-8pm PAC
LLRN-4A W 2/15 10-11am PAC

Life Care Planning-Learn how you can legally make health care treatment decisions for yourself now so that if you ever become incapacitated, your family and doctors will know what you expect during those circumstances. Fee: None.
LLRN-5A Tu 2/7 7-8pm PAC

Harvest of the Desert-Explore the harvest of the desert with Native American naturalist David Morris from Pueblo Grande Museum. Through displays and slides learn about the many uses of our desert plants and the biology that makes them useful. See how plants were used for food, building, medicine and magic by examining the ethnobotany of the Sonoran Desert. Fee: None.
LLRN-6A Th 2/16 7-8pm PAC

Rejuvenate Your Landscape with Judy Mielke-Whether your landscape needs a minor facelift or a major overhaul, learn how to evaluate your existing conditions and prepare a plan to implement the improvements. Basic principles of design and maintenance will be presented, as well as how-to techniques for converting turf areas to low-water-use, low-maintenance plantings of trees, shrubs, succulent accents and flowers. Fee \$10.
LLRN-7A Tu 2/21 & 2/28 7-8:30pm PAC

Rock Art of the Southwest-Examine the early cultures of the southwest and the rock art they left behind. Hohokam, Mogollon, and the Anasazi cultures will be compared and theories about their development and disappearance will be explored. Finally, the rock art (pictographs and petroglyphs) of these cultures will be investigated. Presented by Dave Morris, Native American naturalist with Pueblo Grande Museum. Fee: None.
LLRN-8A Th 3/9 7-8pm PAC

Elderhostel Presentation-Linda Sisco with Grand Canyon University Elderhostel Program will discuss Elderhosteling. Through partnerships with major universities, seniors 55 and older are able to take advantage of inexpensive on campus housing, while attending classes in any imaginable subject. Come learn how to be part of this great adventure.
LLRN-9A Th 2/23 7-8pm PAC

Buying and Using Digital Cameras Classes-Explore the features available in digital cameras, pixel resolution, auto/manual/movie mode, focus options, battery options, memory chips and more! Bring your digital camera, manual and questions to class. Must register for each class individually.
LLRN-10A W 2/22 1-3pm "Buying" PAC
LLRN-11A W 3/1 1-3pm "Using" PAC

Picture Editing-Learn how to edit your digital pictures, crop, resizing, rotating, flipping, brightness and color adjustments and even how to reduce the "red eyes." Lots of great information to the owner of a digital camera. Bring your software CD, manual and any questions you may have and Archie Millhollon will help you with all your digital needs.
LLRN-12A W 3/8 1-3pm PAC

People of the River-Join Sandy Oglesby as she tells the history and stories of the Akimel O'odham (formerly known as the Pima) and Pee-Posh (Maricopa) peoples of the Sonoran Desert. Sandy will delight you with these peoples' past and inform you as to what is presently happening on these two nations. Fee: \$10.
LLRN-13A W 3/8 7-8pm PAC

Native American History through Tony Hillerman Novels-Sandy Oglesby will give you the inside scoop on the author Tony Hillerman and the people he writes about in his mysteries of the Southwest. Using Hillerman's books as a backdrop, Sandy will fill in "the rest of the story" to help you enjoy the mystery series even more.
LLRN-14A Th 2/8 7-8pm PAC

Secrets of Annuities-Determine if guaranteed annuities might fit in your portfolio, types of annuities, guarantee income, and still reduce taxes, how to get market-like returns with no risk, penalty-free withdrawals, the formulas behind the annuity, how to maximize returns and get lifetime payments, avoiding the sales glitz and when to avoid annuities.
LLRN-15A Th 2/16 10-11:30am PAC

Long Term Care-This is an overview of the Long Term Care system and services and understanding how the system works. Learn how to extend your independence, how LTC works, and what it costs, how to project cost in the future, and when not to get LTC insurance.
LLRN-16A Th 2/9 10-11:30am PAC

Vegan 101-What is a Vegan? Learn the history of Vegans, what type of food is consumed and even special Vegan recipes will be provided to take home. There will be sample foods to try during the lecture.
LLRN-17A F 2/24 11am PAC

The Spell of the Shell-Learn about shells and coral in history and art through the facilitator's interest and knowledge of things related to the sea. Diane Pethel will exhibit and share her vast collection of shells and coral as part of the learning process.
LLRN-18A T 3/14 1-2:30pm PAC
LLRN-19A T 4/18 1-2:30pm PAC

Sports Activities for Adults

Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Organizational meetings are a requirement for league participation and are held at the following facilities:

ESC Escalante Community Center, 2150 E. Orange Street
KRC Kiwanis Recreation Center, 6111 S. All-America Way
LIB Tempe Library Building Board Room, 3500 S. Rural Road
PYLE Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING

League	Location-Date-Time	Season
Men's Baseball	PAC-2/22/06, 7pm	4/2/06-6/25/06
Men's Basketball	PAC-12/1/05, 7pm	1/3/06-3/10/06
Flag Football	PAC-8/18/05, 7:30pm	9/20/05-11/15/05
Women's Basketball	ECC-7/19/06, 6:30pm	9/11/06-11/8/06
Co-Rec Soccer	PAC-1/11/06, 7pm	2/6/06-4/17/06
Slo-Pitch Softball	PAC-12/6/05, 7:30pm	1/20/06-4/7/06
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Baseball			X	
Co-Rec Soccer	X		X	
Co-ed Kickball			X	X
Flag Football	X			
Volleyball	X	X	X	X

McClintock High School Adult Fitness-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. A fitness room supervisor will be on duty to assist, instruct and offer consultation. Locker room and shower facilities are not available. The program is offered as a partnership between the City of Tempe and the Tempe Union High School District and is free of charge. For additional information call 480-350-5218. **Open Gym Volleyball**-Bring your friends for a fun afternoon of indoor volleyball. All levels of play are usually represented from beginner to advanced. Fee: None.
16yrs+ Sa Ongoing 2-4:30pm ESCA

KRC VOLLEYBALL LEAGUE INFORMATION
Registration dates for KRC Volleyball Winter Leagues:
Organizational meeting Dec. 7th at 6:30pm
Residents: 12/12/05-12/30/05
Non-Residents: 12/15/05-12/30/05
League dates: 1/10/06-2/22/06
Tournament dates: 2/28/06-3/8/06

Registration dates for KRC Volleyball Spring Leagues:
Organizational meeting Feb. 23rd at 7:00pm
Residents: 2/27/06-3/24/06
Non-Residents: 3/2/06-3/24/06
League dates: 4/4/06-5/17/06
Tournament dates: 6/6/06-6/14/06
Online information at <http://www.tempe.gov/pkrec/KRC/Volleyball/default.htm>

Drop in Supervised Basketball Program-The Kiwanis Recreation Center offers men and women ages 16+ yrs a supervised drop-in basketball session. Two courts are available. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.
NO CODE 16yrs+ Th 4:30-8pm KRC
18yrs+ Su 9-11:30am KRC

Drop-In Volleyball Program-The Kiwanis Recreation Center offers men and women ages 16+yrs a supervised drop-in volleyball session. Two courts are available to all levels of play. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.
NO CODE 16yrs+ Su 1-4pm KRC